

NAV COMM ED

Community Education Schedule

REGISTER NOW! 936.825.2241

www.NavasotaTX.gov/commed

MARCH 2010

16, 23, 30	INTRODUCTION TO COMPUTERS
18 & 25	EXCEL 2003
28	FIRST AID/ADULT CPR
1, 8, 15, 22, 29	EXERCISE
4, 11, 18, 25	INTRODUCTION TO YOGA
4, 11, 18, 25	WATERCOLOR



**Brought to you by Navasota
Park, Recreation and Tourism Department**

details...

INTRODUCTION TO COMPUTERS

MARCH 16, 23, 30, 6:30-8P, \$30

This course is aimed at complete beginners who are new to computers. You will be introduced to the parts of a computer as well as the operating system (Windows XP) and other Microsoft Office 2003 tools.

WATERCOLOR

MARCH 4, 11, 18, 25, 1-4P, \$15/CLASS

This Watercolor course, instructed by Jeneane Ismert, will cover basic instruction on drawing, shading, perspective, composition, and color as it relates to watercolors. Materials must be purchased separately for the course. Classes meet every Thursday.

FIRST AID/ADULT CPR CLASS

MARCH 28, 12-5P, \$45

Participants in this American Red Cross First Aid and Adult CPR course will learn how to recognize and respond to emergencies ranging from cardiac arrest to minor cuts and scrapes.

EXCEL 2003

MARCH 18, 25, 6:30-8P, \$20

This spreadsheet class will teach the basic techniques of entering, moving, manipulating and copying data. Create worksheets that incorporate charts, formulas, data and functions.

EXERCISE

MONDAYS, MARCH 1, 8, 15, 22, 29, 5:15-6P, \$35

Stay healthy and vibrant at any age. Join our exercise class to improve your balance, tone, flexibility and strength in all areas from head to toe. Class is suitable for any fitness level.

INTRODUCTION TO YOGA

THURSDAYS, MARCH 4, 11, 18, 25, 5:15-6P, \$35

This course teaches students basic yoga techniques. Perfect for any fitness level, this course will enable you to decide if yoga is a suitable exercise for you.

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES

www.NavasotaTX.gov/commed